

# Wellness GUIDE

**Uncover**  
your desire for  
health & wellness  
in Ontario County!



active living



relaxed living



mindful health



farm life




parks & playgrounds



picture this

Visit [FingerLakes.com/wellness](http://FingerLakes.com/wellness)



A woman with her hair in a braid, wearing a teal tank top and grey leggings, is walking away from the camera on a rocky path. She is holding the hands of two young girls. The girl on the left is wearing a teal tank top and patterned shorts, and the girl on the right is wearing a teal one-piece swimsuit. They are walking towards a waterfall on the left side of the frame. The waterfall is cascading over several tiers of rocks. The surrounding area is a dense forest with sunlight filtering through the trees. The text is overlaid on a light-colored, torn-edge paper background in the upper right corner.

Our Wellness Map gives you many options to better care for yourself, physically, psychologically and spiritually. Traveling with wellness in mind allows you to return home from your trip feeling relaxed, rested and rejuvenated. We're sure you'll uncover something wonderful here!

Grimes Glen, Naples





## active living

Choose from a variety of heart-pumping activities during your time in the Finger Lakes, from biking and walking to swimming and skiing. With trails galore, keep your heart rate up while taking in the sites, no matter the season.



Canandaigua Sailboarding, Canandaigua



## relaxed living

Stretch it out at a yoga class or take some “me time” at one of our local salons and spas. Center yourself during your next Finger Lakes retreat and hit the reset button at one of these local spots.



Finger Lakes Forest Immersion, Naples





## parks & playgrounds

**O**ur parks and playgrounds are favorite go-to spots for kids and parents alike. Pick a spot, then prepare for you and your crew to be entertained for hours on end.



Kershaw Park, Canandaigua



## picture this

**L**ooking for your next photo op? Get picture-perfect memories by visiting one of our top scenic spots in Ontario County.



County Road 12 Scenic Overlook, Naples





## mindful health

**T**ravel is as much about expanding your mind as it is about getting away from it all. From the Iroquois' use of white corn in the 1600s, to the medical sulfur springs used as health spas in the 1800s, experience a mindful experience to enrich your soul.



Ganondagan State Historic Site/Seneca Art & Culture Center, Victor



## farm life

**C**heck out a fresh experience as you visit and explore the local farms and markets that have provided healthy fun for generations.



Golden Oak Alpaca Farm, Honeoye





active living

## 1 Canandaigua Sailboarding

11 Lakeshore Drive, Canandaigua  
(585) 394-8150

cdgasailboard.com

Right on the north end of Canandaigua Lake, find your destination for windsurfing, kayaking, stand-up paddle boarding, and scuba. Lessons, sales, and rentals are available throughout the summer.

## 2 Geneva Lakefront Park Disc Golf

Lakefront Drive, Geneva

(315) 789-5005

genevarec.com

## 3 Blue Heron Park Disc Golf

Fire Hall Road, Canandaigua

townofcanandaigua.org

## 4 Bristol Mountain

5662 Route 64, Canandaigua

(585) 374-6000

bristolmountain.com

## 5 Bristol Mountain Aerial Adventures

5589 South Hill Road, Canandaigua

(585) 374-1180

bristolmountainadventures.com

## 6 Canandaigua Lake Water Trail

155 Lakeshore Drive, Canandaigua

## 7 Canadice Lake Outfitters

6773 Canadice Lake Road, Springwater

(585) 669-9512

canadicelakeoutfitters.com

## 8 Finger Lakes Water Adventures

401 Boody's Hill Road, Waterloo

(315) 789-5520

fingerlakeswateradventures.com

## 9 Hunt Hollow Ski Club

7532 County Road 36, Naples

(585) 374-5428

hunthollow.com

## 10 Manchester Gateway Trail

8 Clifton Street, Manchester

(585) 289-4340

villageofmanchester.org/trail.htm

## 11 Ontario Pathways

200 Ontario Street, Canandaigua

(585) 234-7722

ontariopathways.org

## 12 Pinnacle Athletic Campus

7600 Pinnacle Road, Victor

(585) 433-2930

pinnacleathleticcampus.com

## 13 RMSC Cumming Nature Center

6472 Gulick Road, Naples

(585) 374-6160

rmsc.org/cumming-nature-center

## 14 Roseland Wake Park

250 Eastern Blvd, Canandaigua

(585) 393-WAKE (9253)

roselandwakepark.com

## 15 Victor Hiking Trails

85 East Main Street, Victor

(585) 234-8226

victorhikingtrails.org

## 16 Wesley Hill Nature Preserve

6291-6061 Gulick Road, Naples

(607) 275-9487

flit.org



relaxed living

## 20 Finger Lakes Yogascapes

Lakeshore Drive, Kershaw Park,

Canandaigua

(585) 746-2674

fingerlakesyogascapes.com

No matter the season, find a mind/body adventure for you. From "snowga" and stand-up paddling yoga to snowshoeing and hiking, nurture peace by connecting to the natural wonders of the area.

## 21 Finger Lakes Forest Immersion

6141 Hicks Road, Naples

(585) 412-5550

fforesttherapy.com

## 22 Gell: A Finger Lakes Creative Retreat

6581 West Hollow Road, Naples

(585) 473-2590

wab.org/gell-writers-retreat

## 23 Grounded by Yoga Studios

1 Wellness Way, Bloomfield

(585) 861-9642

groundedbyyoga.com

## 24 Isabella Spa at Belhurst

4069 West Lake Road, Geneva

(315) 781-5040

belhurst.com/spa

## 25 Mountain Horse Farm

7520 West Hollow Road, Naples

(585) 374-5056

mountainhorsefarm.com

## 26 Park West Hair Design & Spa

14 Lakeshore Drive, Canandaigua

(585) 393-1400

parkwesthairdesignandspa.com

## 27 RELAX The Spa

235 High Street Extension, Victor

(585) 412-4994

relaxthespa.com

## 28 The Springs Integrative Medicine Center & Spa

2 Coulter Road, Clifton Springs

(315) 462-1350

thespringsofclifton.com

## 29 Victor Yoga Studio

23 East Main Street #2, Victor

(585) 732-5502

victoryogastudio.com



mindful health

## 30 Geneva Historical Society

543 South Main Street, Geneva

(315) 789-5151

genevahistoricalsociety.com

The Geneva Historical Society tells the stories of Geneva, New York. Explore the city's history through collections, exhibits, and events at their museums.

## 31 Foster Cottage Museum

9 East Main Street, Clifton Springs

(315) 462-7394

fostercottage.org

## 32 Ganondagan State Historic Site / Seneca Art & Culture Center

7000 County Road 41, Victor

(585) 924-5848

ganondagan.org

## 33 Iroquois White Corn Project

7191 County Road 41, Victor

(585) 742-1690

iroquoiswhitecorn.org/whitecorn

## 34 Sonnenberg Gardens & Mansion

State Historic Park

151 Charlotte Street, Canandaigua

(585) 394-4922

sonnenberg.org



farm life

## 40 Golden Oak Alpaca Farm

8395 State Route 20A, Honeoye

(585) 229-5545

alpacasetc.net

Stop by Golden Oak Alpaca Farm to visit friendly alpacas and a gift shop with alpaca products and yarn. Visit their website for free fun farm events, including their popular alpaca walks.

## 41 Beacon Farm Market

3881 Routes 5 & 20, Canandaigua

(585) 394-4693

## 42 Bostrom Farms

2200 State Routes 5 & 20, Stanley

(585) 526-2035

bostromfarms.com

## 43 Canandaigua Farmers Market

7 Mill Street, Canandaigua

canandaiguafarmersmarket.com

## 44 Canandaigua VA Farmers Market

400 Fort Hill Avenue, Canandaigua

(585) 393-7803

## 45 Fresh-Ayr Farm Market

4846 Route 96, Shortsville

(585) 289-3720

## 46 Finger Lakes Welcome Center Farmers Market

35 Lakefront Drive

(315) 789-5005

cityofgenevany.com/farmers-market

## 47 Geneva Farmers Market

Exchange Street Parking Lot, Geneva

(315) 789-5005

cityofgenevany.com/farmers-market

## 48 Hardy's Farm Market

1968 State Route 444, Victor

(585) 857-6520

## 49 Jerome's U-Pick

8936 Route 53, Naples

(800) 874-2548

jeromesupick.com

## 50 Joseph's Wayside Market

201 South Main Street, Naples

(585) 374-2380

josephswaysidemarket.com

## 51 Kettle Ridge Farm

515 Log Cabin Road, Victor

(585) 217-7108

kettleridgefarm.com

## 52 Lazy Acre Alpacas

8830 Baker Road, Bloomfield

(585) 455-1203

lazyacrealpacos.com

## 53 Red Jacket Orchards

957 Routes 5 & 20, Geneva

(315) 781-2749

redjacketorchards.com

## 54 The Apple Farm

1640 State Route 444, Victor

(585) 924-3420

thevictorapplefarm.com

## 55 White's Farm Market

2180 Rt 64 North, Bloomfield

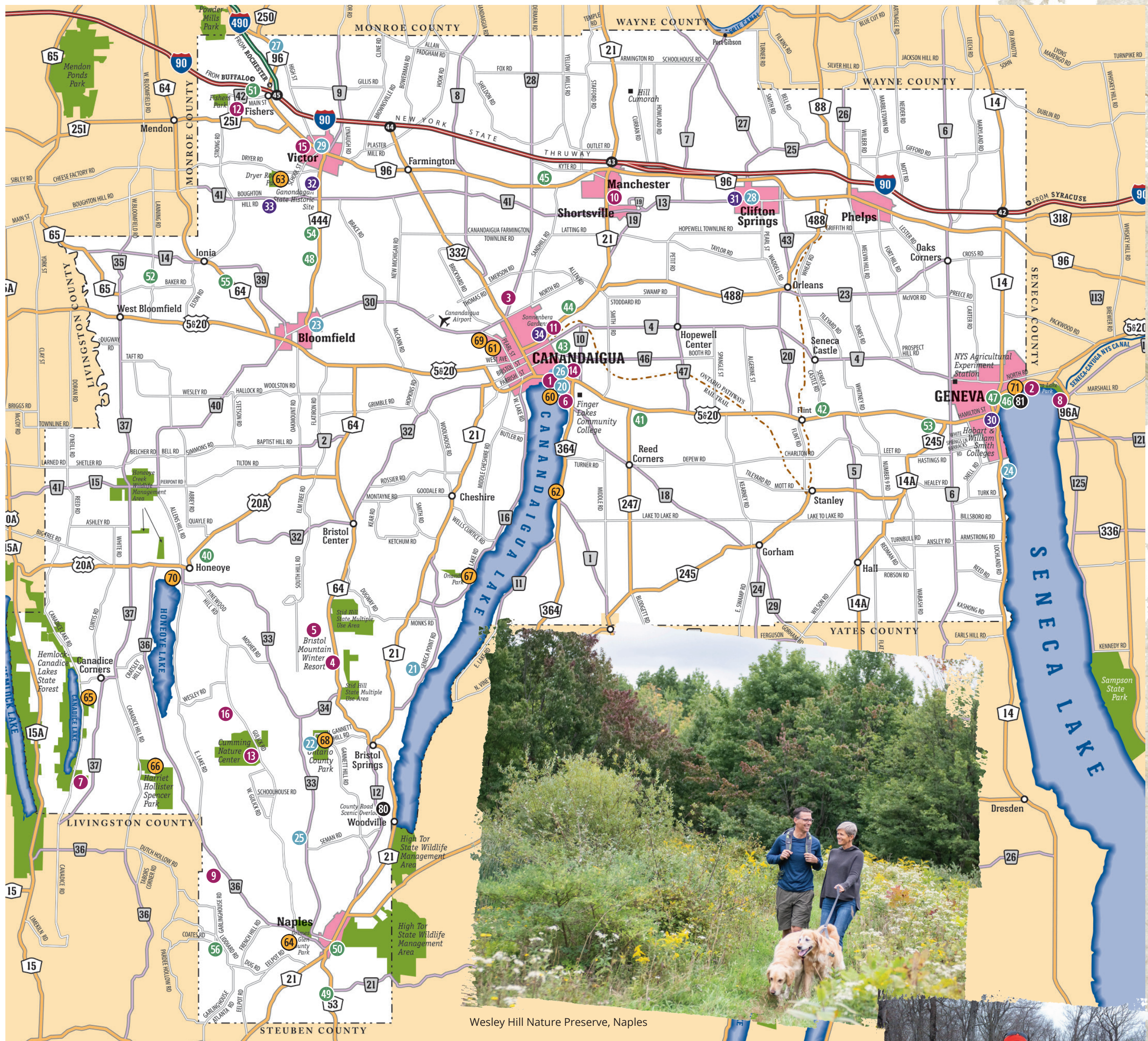
(585) 657-7656

## 56 Wohlschlegel's Naples Maple Farm

8064 Coates Road, Naples

(585) 775-7770

fingerlakesbulkmapplesyrup.com



parks & playgrounds

## 60 Kershaw Park

155 Lakeshore Drive, Canandaigua

(585) 396-5060

canandaiguanyoung.org

Located at the north end of Canandaigua Lake, Kershaw Park and the swimming area are open Memorial Day to Labor Day. Enjoy walking paths, playground, picnic tables and pavilions, and plenty of green space.

## 61 Baker Park

Buffalo Street, Canandaigua

(585) 396-5060

canandaiguanyoung.org

## 62 Deep Run Beach

4279-4281 East Lake Road, Canandaigua

(585) 396-4000

co.ontario.ny.us

## 63 Dryer Road Park

7405 Dryer Road, Victor

(585) 742-0140

victoryny.org

## 64 Grimes Glen Park

48 Vine Street, Naples

co.ontario.ny.us

## 65 Hemlock Canadice State Forest

East Lake Road, Springwater

(607) 776-216

## 66 Harriet Hollister Spencer State Recreation Area

6775 Canadice Hill Road, Springwater

(585) 335-8111

parks.ny.gov

## 67 Onanda Beach and Park

4965 West Lake Road, Canandaigua

(585) 394-1120

townofcanandaigua.org

## 68 Ontario County Park at Gannett Hill

6475 Gannett Hill Park Drive, Naples

(585) 374-6250

co.ontario.ny.us

## 69 Richard P. Outhouse Memorial Park

2550 Outhouse Road, Canandaigua

(585) 394-1120

townofcanandaigua.org

## 70 Sandy Bottom Park

County Road 36 off Route 20A, Honeoye

(585) 229-5757

townofrichmond.org

## 71 Seneca Lake State Park & Sprayground

1 Lakefront Drive, Geneva

(315) 789-2331

nysparks.com



picture this

## 80 County Road 12 Scenic Overlook

7083 Co Rd 12, Naples

One of the best kept secrets in the Bristol Hills, this spot has one of the most breathtaking views on Canandaigua Lake.

## 60 Kershaw Park

155 Lakeshore Drive, Canandaigua

(585) 396-5080

canandaiguanyoung.org

## 64 Grimes Glen Park

48 Vine Street, Naples

co.ontario.ny.us

## 68 Ontario County Park at Gannett Hill

6475 Gannett Hill Park Drive, Naples

(585) 374-6250

co.ontario.ny.us

## 81 Finger Lakes Welcome Center & Long Pier

35 Lakefront Drive, Geneva

(315) 787-0007

taste.ny.gov/store/finger-lakes-welcome-center



Sonnenberg Gardens & Mansion State Historic Park, Canandaigua



Nordic Skiing at Bristol Mountain, Canandaigua

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Visit  
Finger Lakes  
.com

VisitFingerLakes.com/wellness



# VisitFingerLakes.com/wellness



Joseph's Wayside Market, Naples



Farmers Markets, Canandaigua, Victor, Geneva



Jerome's U-Pick, Naples

## On the Web!

See even more wellness information online at [VisitFingerLakes.com/Wellness](http://VisitFingerLakes.com/Wellness)

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25 Gorham Street  
Canandaigua, NY 14424  
(877) 386-4669 | (585) 394-3915  
[VisitFingerLakes.com/wellness](http://VisitFingerLakes.com/wellness)

Ontario County, NY  
**Finger Lakes**  
Visitors Connection  
[VisitFingerLakes.com](http://VisitFingerLakes.com)

While every effort is made to provide accurate and up-to-date information, specific details are subject to change. Travelers are advised to confirm the specifics of each listing before making plans.